

# Winter of Wellness™

## Identifying with your Pain Type: Why do we have cycles of pain and suffering?

### Trupti Gokani

Robyn: Greetings, everyone. We are so glad you're joining us. I'm very excited to introduce our special guest and my new friend that I got to talk to a couple of weeks ago and I thought, "I'm going to bring her to the Winter of Wellness 2018." So, here she is. Trupti Gokani, how are you?

Trupti: Hi, Robyn, I'm great. Thank you so much for having me.

Robyn: A medical doctor who specializes in migraine, functional medicine and Ayurvedic medicine, you are just like a little happy blend of lot of goodness that you have to offer to all of our listeners. You've also dedicated your life to developing a blend of modern medicine and ancient philosophy. You published your first book, *The Mysterious Mind*, and is currently contributing to a health documentary on Ayurveda. That's fantastic. Today your topic is "Identifying with your Pain Type: Why do we have cycles of pain and suffering?" I can tell you after we surveyed our audience, there's a lot of people that are dealing with pain and suffering of some sort. Let's get to know you a little bit better. Before we went live here, you told me what your first name means. Why don't you let our audience know? What does Trupti mean?

Trupti: Trupti means "state of satisfaction." It's that attainment of contentment and being content.

Robyn: That's an amazing name and here you are, broadcasting your great message with all of us today. Let's talk about this whole pain syndrome thing. I'm just curious, why do you think everyone should know what their pain identity or type is and what does that really mean?

Trupti: To kind of go into my name a little bit and to discuss how this links together with my passion about finding this identity, I'd love to share that. I was born in Kampala, Uganda, and I was kicked out of the country, in fact, smuggled out of the country at six months of age, brought over to Chicago and blessed to be welcomed into the States. We entered our lives early on in survival mode, and my mom was always one of those that had the mantra "Work hard, work hard." A lot of that hard work was based on survival and having to succeed. Her view of success was being safe and having that roof over the head. What happened was as I myself worked really hard, I lost sight of who I was. I lost sight of what it was that made me happy and what gave me contentment and gave me bliss.

Unfortunately, I was hit with a really intense case of insomnia in my medical school time, and it was only in that time that I actually paused and didn't work so hard. I actually had to stop because I wasn't sleeping for months and went inward. What's fascinating is, that to me was my first pain cycle, it was the pain of the insomnia. It taught me something fundamental because that's when I discovered functional medicine, Ayurvedic medicine and all these amazing philosophies of healing. I realized that there's this part of me that needed to be heard and understood so I could understand why I was in pain and why I was having these cycles of lack of sleep and insomnia. How I moved that forward is when I got out of that cycle, the only way I got out of that cycle was connecting with my roots of who I was. What Ayurveda does, Eastern medicine allows you to connect with what I call the pain type, identify exactly what your natural state should be, and where you are now and how to bring yourself back into authentic state. It was kind of part of my early life experience that allowed me to enter this world and now I can serve my patients by helping guide them to that place of contentment and finding that balance.

Robyn: Great. Now, these different pain types, I don't think I've ever heard someone talk about different. Yes, let's hear about this.

Trupti: Sure, this kind of fundamentally comes from the roots of Ayurveda. Ayurveda actually is a science that's 5000 years old and it's the wisdom of healing. It's actually believed to be one of the first systems of healing known to mankind. The belief with Ayurveda is that we are all made up of five elements, the elements of air, space, fire, earth and water. Those elements are inherent to every single living being. At birth, we have a very specific constitution and that constitution may be such that maybe you're dominated by fire or maybe dominated by the air and space elements or dominated by the earth element. That actually dictates, I call it the pain type or kind of your natural physiology. Based on how you keep yourself in alignment with your elements, you can either have symptoms and start suffering if you're not in alignment, or if you are staying in alignment, you can actually allow yourself to not feel symptoms.

For example, let's say you're born as a fire type. I've given it some names that kind of help us understand more in the Western language. I call it more the if you're out of balance and a fire type, you're more the intense type person, you're more the driven, kind of a little bit more of that person that needs to have things happen now. That energy is something that just your physiology, it just honors that energy. The challenge is that you're not supposed to overtax that energy because then you start to get imbalanced. With too much fire, for example, you can start to get short-fused. You can start to get critical. You could become demanding and start getting headaches specifically around your eyes and in the temples. That's just an example of how when you know your physiology you can understand what your natural predisposition is and then how

you can actually create imbalance based on too much of that energy. Does that make sense?

Robyn: Absolutely, it's very similar to Chinese medicine.

Trupti: Yes, and that the belief is of the Vedic civilization, thousands of years ago which was kind of in Asia and migrating in different regions of Asia when they broke off in two different regions. Traditional Chinese Medicine was what the Vedic civilization kind of believed as they moved up to China, to different parts of Asia, and as its civilization moved south to India, Ayurveda became formed and homeopathy is the other subset that civilization. It's actually really fascinating because I think these are all stemming from a similar thinking pattern. We just used little bit of different words and semantics to describe it, but it's about this concept of energy medicine, of us made up of energy and what kind of energy is it that dominates our physiology. Then we actually have physical manifestations of it. A fire person, for example, is more of a medium built type individual, whereas the wind person is actually a smaller frame. I think of air and space element being light in nature, so they have a lighter build, a lighter physiology, their mind as air and space is moving and going so they have a very different mind than a fire type mind. It's actually really fascinating to kind of delve into this.

Robyn: Yes, it is amazing. Fire, water, wind, what other?

Trupti: The wind, yes. For example, we'll just look at headache pain because headache is really what I've been passionate about, looking at migraines and headache pain. I'll back up by saying when I first started practicing, I was so interested in Ayurvedic medicine because of my own insomnia, and I was able to cure my insomnia by learning about Eastern medicine. When I started seeing migraine patients, that's my original specialty was when I first came out of neurology training, I was actually really perplexed because patients would come in one day with the headaches were located in the temples and behind the eyes, and the next day they'd come in and the headaches were more in the back of the head and the neck. Then maybe a few months later they'd come in and the headaches were in the front of the head and they were more congestive. I said how can this one patient have so many different types of headaches? Or there was a patient that was always coming with right-sided headaches. It was always right-sided, always, always right-sided, with nausea and vomiting and maybe they were more irritable and edgy in their personality. I said there's got to be something to this. This can't be. At the time, this was 15 years ago, narcotics were being used heavily. We'd write a Vicodin prescription for all three types or give a steroid prescription. First, I don't like that quick fix because when I had my sleep issues I was given an Ambien prescription and I got into a car accident. I was told very early on maybe that isn't for me and I thought well, this shouldn't be for this

patient who's coming and trying to get out of pain. But in the same token, when I had my insomnia, I was kind of at an intense survival mode. I think these patients are coming in a survival mode.

I said we've got to know where is this coming from. Eastern medicine allowed me to understand there are actually three different types of headache. There is the wind headache which is actually more of a tension headache. It's more the neck and the back of the head. There's the fire headache which is more nausea, light sensitivity behind the eyes and what we call the migraine-type headache. There's actually this earthy headache which is actually more congestive and heavy and kind of like a sinus-like headache, and each one actually is treated completely differently. In terms of foods, in terms of exercise, in terms of nutrients they take and in terms of digestive products we use, it's actually different based on the type of headache. Once I've realized that I said, okay, these patients are far more interesting than I ever thought, so I need to really manage them in a way that I'm not just banding them with the medication but getting to the root cause of why they're having the headaches and how we can use foods and all these natural things to get them back into balance.

Robyn: That's so fantastic because how many millions of people have migraines in this country and headaches of lots of different origins, but we're going to grab for some type of painkiller over-the-counter or we're going to go to our doctor and get a prescription. That's kind of the main way. But you're sharing a whole new way of looking at this. I'm just curious, what's the percentage of your patients with migraines that are still medicated? Have you actually been able to wean them off of their medications and put them on a more natural solution, diet and exercise and all that?

Trupti: Is it too much to say 100%?

Robyn: No, my God, you're kidding. Congratulations!

Trupti: It's a journey, and I will be honest with you that I've gotten to a point where I'm becoming more selective about who comes in, meaning that, this is the only thing, they have to be ready to make those changes. At the end of the day I can say, "Hey, we need to start getting to bed at 10:00. You need to start adding this into your diet. You need to stop eating the salads," because, go figure, salads can increase the wind energy and give you more tension headaches. I know it sounds crazy, but it can. People have to be willing to make the changes, so I can offer the suggestions. By the time they come in here, they're ready. I really believe people are ready. But at the end of the day, once they understand the why, this is the beautiful thing, Robyn, is that everyone can start to heal. Everyone can. It's just their own resistance to wanting to hear the information and make the changes. Even the supplements I use, like Triphala for digestion, it's 2000 years

old, so it's not that there's anything newer, trendier, different I'm offering them. This is ancient, ancient wisdom, knowledge and advice that I'm just sharing.

Robyn: Triphala is so awesome, yes. I'm glad you bring up something like that that can resolve gut issues and help with constipation. It doesn't leave any residue and it helps the peristalsis. It's great.

Trupti: It's amazing.

Robyn: Let's say you have a 25-year old woman, she's been having headaches and menses like say at 15. She's been on meds for ten years. What would you do? Walk us through the steps. I'm sure you're covering that already, but would it take three months typically to really regulate the hormones and do all the things? Just walk us through it.

Trupti: The first step, as we mentioned when we started the call, is this identification phase. I do have a quiz on my website. I'm all about first connecting and there's actually just an interesting principle I'd love to bring up. It's called atma vichara. Atma is our soul and vichara is to ponder, to think about our soul. I ask people, and they don't realize I'm asking them this, but I'm asking them to ponder their soul before they come in here. I'm asking them before they even step in the clinic to do a quiz to know who they are. Part of identification is key because once individuals understand their nature and understand how imbalanced they are from their baseline, only then can I actually give some advice. I need to have ownership of that understanding so then I can have a conversation with them about how they've become imbalanced and what we could do to fix that.

This 20-some-year-old that comes in, they have to start doing some investigating. They have to be willing to take some time before the clinical visit happens to do a little inquisition of themselves and say, "Where am I?" Let's do some soul-searching. How disconnected am I from my state? It's basically a series of like 20 questions. What are you feeling emotionally? What are you feeling physically? Let's put that on paper. Let's analyze that a little bit. Then when someone comes in I say let's go through that together. Why is your mind always in an anxious state? Why is your gut always in a constipated state? Where is this coming from? Then how long has it been there, because if someone just started getting symptomatic last month, gosh, that's a great case because I can probably get them better really fast. But if it's been going on, I've had unfortunately 25-year-olds that have been imbalanced since they were born. They had constipation at birth. They've had so many antibiotics over their early lives because of acne or candida, whatever it is, and unfortunately their gut is now kind of a mess because they've come in at a later stage. I always say that everyone is fixable. It just depends on how much damage has been done in terms of how much time it takes to reverse it.

Step one is identification. Step two is creating that plan. When they come in the plan is based on how many symptoms, how off their baseline are, and how long it's been going on. If it's been going on for a good period of time which most people that come in it's been going on for a while unless it's that lucky one that the mother that sees her daughter starting to get symptomatic and brings them in very quickly, they, I could tell you, Robyn, maybe a month or two but most people I'll say three months is minimum, usually six months to probably a year to really make dramatic changes. The beauty is that change will start to happen right away. It's not that we have to wait that long to start feeling better. It's just to really get to the core issues, it can take a while. But we can start slow. We can start with getting the digestion better or get a little detoxification going, lose a little bit of weight, get some things better, and then we start to work on those core issues of the pain generator. Why is your head producing this severe horrible migraine? There's a lot of factors underneath that, and part of it is digestion, part of it is adrenals being a little weak, part of it is maybe the body is not detoxing well. Most patients, I base the plan based on how long they've been symptomatic.

Then the third part is really are they ready to really heal? Can they get into the emotions? That's the toughest part in my 15 years of clinical is for as much as individuals have read about it and learned about it, really tackling the deep-seated causes, the emotional body, why are you staying in that toxic marriage, why are you in that toxic job, why are you eating toxic foods, why are you allowing yourself to keep going through these cycles, that gets hard because people may not be ready to go there and they don't always want to go there. I'm compassionate with them. I just let them know that this is something that if you can get yourself to work on that, everything else will work a lot better. I try to go as gently as I can but I do push a little bit because I want to get those great results for them and for me.

Robyn: Yes. I think the step, what you're talking about right now, is so essential. If we don't get to the root cause, the root emotional trauma, trigger, whatever, people will just keep perpetuating their issue. There are those people that they don't want to do the work. They just want the pill. But that sounds like not the kind of client you want to work with because you know that there's another journey for someone to really shift and break through from that and have a different lifestyle without being worried about the headache that's going to come every month.

Trupti: I feel like they've come in for a reason, and they might not even at the conscious level be aware of that. But they've come in, they're here. If we allow just this knowledge to be understood of the depth of how healing can happen, it is up to them to take those steps. Like I said, I'm compassionate at the beginning. I might

recommend some nutrients, some magnesium, B vitamins and nutrients, just to get things moving along, recommend a little Triphala or maybe a little tea. I'll do that for a visit or two, and then really start to delve. That's where I really see who's going to shine and who is going to be really ready for the work. Quite honestly, not everyone is, and I am okay with that. I just will say that it will take a lot longer if we let those situations sit there and stay there because then they're always going to be dependent on the nutrients, maybe always dependent on the probiotic because how can their gut ever get better if they're holding mind stress all the time?

Robyn: Are you still doing like the standard testings that a neurologist does, nerve conduction tests and looking at MRIs? I'm sure that's a big part of what you're still doing diagnostically.

Trupti: Actually, to be frank, I hardly do it anymore because by the time someone comes in they've probably done an MRI or they've done some basic neurological exams. The beauty and I think also the thing that's challenging about migraine is it is so subjective in terms of visually objective findings. Migraine brain, you don't expect to find something on that MRI. A migraine exam better be normal. Otherwise, there's probably something else going on. Most of the time when someone comes in, they've had these migraine headaches for so long. If I have a Parkinson's patient or an MS patient, I typically will say please follow a Western doctor for your medication. Migraine is something that I'm comfortable with the medications I'm prescribing, and most honestly, I want to keep them off of things that are going to create secondary damage. Those meds I like to take ownership over because I don't want them to be on steroids. I don't want them to be on narcotics and anti-inflammatories because how am I going to get them to be better with their digestion and their mind if they're taking things that are creating secondary issues? But with certain patients like the Parkinson's patient or the MS patient, I will have them see their Western doctor to make sure do they need to do any further testing.

But generally, the beauty of this practice is I love it because I feel like we're really cost-effective here. We hardly recommend any tests. Maybe I'll do and this is not even Western medical test, but I'll do a functional medicine, like a food allergy test. I'll test that. We'll look at nutrients, like vitamin D. We'll look at thyroid function, free thyroids especially, TPO antibodies. We'll look at those kinds of things, but I hardly really do the Western medicine approach because it doesn't serve one by the time they come in. They're ready for something different. I think if we kind of shift them at that stage to start doing all these work, symptoms just start getting better and we don't have to go the Western route as often.

Robyn: I'd love to hear, while we're talking about the Parkinson's and MS, there are increasing rates of those every year. In one of your success stories, again, I'm sure you're applying everything that you're sharing with us all right now, but what had been some of your turnarounds with that?

Trupti: If you compare migraine versus looking at Parkinson's, MS and Alzheimer's even, we've got a category of neurological disorders that are in that window of you can look at them as potentially reversible because there isn't any structural issue with them versus those that are more the neurodegenerative processes like Parkinson's and Alzheimer's. MS is fascinating because MS and epilepsy kind of fall under with migraine where unless epilepsy has a structural lesion, like sometimes epilepsy patients have a temporal lobe actual structural scarring or lesion, but if they don't, I look at migraine, epilepsy and MS as these conditions that are kind of coming and going. Quite honestly, when you get the strength of the digestive system and the mind and start replenishing them, these real conditions can be improved dramatically using natural medicine and using Ayurvedic medicine.

I've had fantastic success stories with epilepsy patients completely with seizures halting. I've had MS patients reverse and go back to a state where when I say reverse they come in with really very little neurological injury. They have episodes, let's say, of these MS attacks, but they actually start to reduce their episodes and almost become episode-free because they're following the rules. Parkinson's and Alzheimer's are challenging because we are looking at neurodegenerative processes. These are processes that are kind of moving in a direction that there was already structural change to the brain or to the body. When you look at the basal ganglia of a Parkinson's patient, there's some injury there and Alzheimer's patients have these plaques that have built up. There's issues in the brain.

With those patients, I will be frank, my expectations are a little different. I will say, listen, we're going to try to stabilize and yes, I would love to see some reversal. And in those patients where I've seen more stabilization, some patients that are wondering, is this Alzheimer's, even the doctors aren't sure if it's Alzheimer's or a mild cognitive impairment, those are the ones I can reverse with the protocols. But those that have the actual disease in progress, I'm working more to stabilize them, if that makes sense. I know that that's more challenging condition. But I have to say, I still remember to this day this one MS patient that came in, it was probably like 12 or 13 years ago, I was relatively early in my approach to using integrative medicine. I remember putting her on vitamin D. I did a couple of very basic, really basic things. I think you and I would say this is so simple to do. Just a little food allergy testing, put her on a probiotic, a little digestive enzyme, omega-3's, had her do some mantra work and some mind work. She walked in with a cane and I'm going to tell you three months later she



was walking perfectly fine without a cane. That was amazing to me because she was seeing a really top doctor and I thought I did not even expect that. I did not expect that she could regain her strength.

Now, that was one of those success stories, and I don't know how much of her weakness, I don't know if it was psychosomatic. But was it really physically there? Or was her mind producing some of that weakness? I don't know because I don't expect in a month, two or three months for the nerves to just somehow become functional, the myelin sheath to come back again, but something happened with her. She was walking again. Whatever it was, it was fabulous because I didn't have to do a lot. It's fun to see and I want more doctors to do this and more providers to offer these treatments because we need to be working together to help so many people that are suffering.

Robyn: Exactly. It's amazing, that woman, it sounds like she was very proactive and really followed what you said. That's the key thing, people who are really ready to make the leap and do things that are uncomfortable, look at your past and look at those traumas that are running your life and causing disease in the body. You've mentioned the gut a couple of times, Trupti, people, when they think about I've got acute headaches and what does that have to do with my gut? How much testing do you do? How much correlation is there between gut and pain in general, not just headaches? I'm curious.

Trupti: This is humbling for me. I come out of neurology training and I was a migraine expert. I thought everything had to do with the brain and the spinal cord, and I stayed right there in my comfort zone. I was comfortable talking about the brain. I was comfortable talking about the spinal cord and the nerves, but I stopped there. What's fascinating is this beautiful enteric plexus, that second brain, that is hanging out right inside your gut. There is so much elaborate activity that happens in the gut that honestly, I've become humbled because I ignored the gut for so long. I didn't think that it had to do with the brain or with the rest of the body. Then I started becoming humbled even more as I learned Ayurvedic medicine because Ayurvedic medicine teaches you the gut is the origin of disease. Hippocrates said, all disease begins in the gut, so this whole thing about the gut is fascinating to me.

Then I actually wanted to see some medical data to support that. I was kind of a scientific-brained person early on. I said show me the data. I actually started running food allergy tests in my clinic. I said, let's just see if this is really true. We looked at 500 patients. Now, these are patients that typically suffered with migraines. Out of 500 patients, I couldn't believe, there was 70% of them that had dairy intolerance of some form, a good 40% or 50% had dairy intolerances. Then we had a nice group, about 30%-40% that had a grain intolerance. I said, wait a second, they're having all these intolerances. We're looking at IgG

antibody responses at the gut level. Does this influence the brain? Hmm, I wonder. I started taking them off those foods, and lo and behold, their head pain improved. I thought, I'm seeing this clinically. Let's look at what the data shows. I remember this book that was introduced to me by Dr. Gershon, *The Second Brain*. He's this brilliant, brilliant PhD that looks into the inner working of the brain and the second brain, which is the enteric plexus. He found things like hey, serotonin production, 95% of it is made in your gut. If you think about what creates pain, especially headache pain, a lot of it has to do with serotonin. The meds that we use for migraine are triptans. They work on serotonin receptors. If 95% of serotonin is made in the gut and the gut is integral to that, then how can one have appropriate pain receptor activity if they don't have enough serotonin?

It started making sense to me that there's this link here, and maybe the circuit that I learned which was the brain is the activator of pain, maybe it's actually coming from the gut signaling the brain or maybe there's some kind of conversation happening there. The more we studied that and looked at Ayurvedic medicine, there was this beautiful conversation about stress, the mind and the vagus nerve. The vagus nerve is the longest cranial nerve in the body. It actually connects the gut and the brain together. Hard science actually shows that not only is there's this really vast amount of activity in the gut with this enteric plexus, but there's this actually direct connection between the gut, the brain and the vagus nerve. What makes it even more interesting is that the vagus nerve actually regulates that kind of rest and relax response. If they're stressed out, the mind is stressed and the body is stressed, I bet you your gut is not going to work very well and that may lead to some food intolerances down the road.

All this started coming together. Suddenly all these different pieces were coming together and the more patients I studied, and now it's just a given, anyone that walks in the door, I assess their gut function. I ask them how they're pooping. I ask if they're going to the bathroom first thing in the morning and I want to know and sometimes they're surprised by that. But I said, "I know I'm a neurologist, but I'm going to ask about your gut because to me that gut integrity is going to influence the brain health." Now it's so gratifying to say this. The cover on one of my Neurology Journals was "Does Parkinson's Begin in the Gut?" and I was like yes! It's now in Western literature.

Robyn: It's come a long way, right?

Trupti: Yes.

Robyn: Impressive.

Trupti: Yes, it's so cool, isn't it?

Robyn: Yes. So everyone listening, when you think about the pain you have in your body, not just headaches, look at solving gut issues and finding out what your food sensitivities are. We do that here at my clinic as well, and it's just crazy that I think that everybody in the planet should have that checked because you can make such informed decisions to transform a health challenge.

Trupti: Completely. I'll just add one thing to that is adding the mind component to the gut is what the later thing that I've been doing, because in the beginning I was really vigilant about taking foods away, making sure we clean up the diet and take the right supplements like Triphala and things to rebuild the gut. Then I got a little bit more into it and said let's just think about how the gut got so excitable in the first place and maybe started creating food intolerances. And you realize how many people are really having lunch as their biggest meal. How many people are sitting quietly and chewing their food? Are we rushing and eating in a hurry? Are we eating mindfully? If the bear is chasing us while we're eating our meal the blood flow shifts to the muscles and goes away from the gut, and how can you ever process your food? It was something else I started adding in like let's just focus on, because it's important, no question 100% what you look at the foods, but let's also look at the mind and what the mind is doing to activate the gut. That really helps the gut move a lot faster further in a forward direction to healing.

Robyn: Yes, stress is huge. Our brains are on fire with how we're running that response at all times. Are there any other remedies that you think are really important to mention in this conversation that people should know about that we haven't discussed yet? Like a magic bullet? Is there something out there that you're like, "This works in so many of my sinus headache patients or my migraine patients or my back pain patients"?

Trupti: The first thing that I do with every patient that has pain is replenish their nutrients because let's just be honest, when you've been in pain for a very long period of time, it is just a given that your magnesium level is low. Let's just put that out there, magnesium is working on so many systems in the body it's actually really needed to quiet and calm the nervous system down. I always replenish magnesium unless there are some risks and they cannot take it secondary to maybe kidney issues or something. Generally, magnesium is going to be on that list of things I add. I usually use a nutrient blend. I use one called Nourish Mind. It just has magnesium, B vitamins, CoQ10. I believe CoQ10 should be taken in ubiquinol form. Within that formula, we have a little milk thistle in there and some alpha-lipoic acid. I know that when someone comes in they've been stressed for a long time, they're going to be toxic and their liver is going to be a little bit heated. I really love milk thistle because it really cleanses the liver.

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Step one is just kind of getting their nutrients going. I want to support their Krebs cycle, because when they've been on and nervous system has been on, that poor little mitochondria in every single cell of the body have been on overtime trying to generate ATP to quiet down those cells. Quite honestly, it's magnesium, B vitamins, CoQ10 and oxygen that's going to help the mitochondria make some ATP, to give the body some energy to quiet down the pain. I always start with a nutrient bolus first. I used to do IV magnesium and B vitamin like a Myers' Cocktail type IVs. We were running so many IVs that I didn't want to be an IV center so I shifted it to a nutrient blend. That's something that just for people to know I think that's been really helpful. The other thing is really taking a moment just to understand and this is kind a quick fix to me, just changing your lifestyle a little bit. Getting lunch in every day and getting yourself to bed at 10:00 every day. Adding just two to three minutes every morning of mindfulness. Just quiet down. Quiet your mind. Maybe it could a journaling exercise. It could be a little bit of breath work. We teach reverse nostril breathing here. It could be just quieting your mind and turning on. I use an app, Insight Timer. Turn on the Timer for three minutes. Just close your eyes and just be connected with yourself and visualize what your day should look like for that day. Just give yourself that. It's so luxurious three minutes. Honestly, from there, I go to the Triphala typically, Triphala. Then I use this tea, cumin, coriander and fennel tea. For Kapha, especially that earthy kind of person, they need to cleanse out, drinking warm liquids and warm tea. It's shocking to me, people do so much better by month one by just following a few of these principles that I don't have to do a lot more. It's really amazing.

Robyn: What's the name of that app?

Trupti: Yes, I love it. It's actually a meditation app. It's called Insight Timer. I love it. It actually lets you see people meditating all over the world. It's just kind of fun. I time it for three minutes and I used a gong bell to kind of get it started. I just turn it on in the morning. It times me for three minutes and then there's a gong at the end and then I go into a breath. I don't have to focus on what time it is and it becomes a habit every morning. I turn on my little Insight Timer right when I get out of bed. I do a three-minute breath technique. I use some essential oils right by my bed and just visualize what's that day going to look like. I just visualize. If there's anything that's challenging me or negative, I will clear it at that time and it's like doing a little internal housekeeping of our mind first thing when you start your day. I have people practice the gratefulness too. I start with three things you're grateful for in the morning. Those are like the little quick things that I use that really are powerful. If people listening will really start practicing some of those things, honestly, you'll start doing better pretty quickly.

Robyn: It sounds great.

Trupti: Yes, it's fun.

Robyn: I'm going to get that Insight Timer, that sounds good. Just three minutes doing a couple pauses like that a couple times a day could be amazing things for your neurochemistry. One more question, and we're running out of time here, but I'm really curious. Since you've been in practice for 15 years dealing with the brain and dealing with pain, just how ubiquitous electromagnetic pollution is. It's everywhere. Where do you think that plays a role in terms of pain syndromes and stress and all that?

Trupti: I just received a wonderful book by a friend, Nicholas, who just wrote on this topic and it's on my desk to read. I have to say that I've had certain patients that have come in with their sensitivity so high they've actually had to leave the office because of the sensitivity because I had to go electronic in the clinic. I was normally pen and paper. Then I had to start doing everything electronically with chart notes. There's no question that I look at that how it affects the individual as to whether or not their Vata, their excitable energy, is at a high level. Of those five elements and the three doshas, Vata, Pitta, Kapha, Vata energy is a lot of air and space element. It's when you have a lot of excitable energy moving, going and doing. Maybe you're a traveler and you're always traveling. You're always skipping meals because you're so busy. Maybe you're drinking cold drinks and having cold salads all the time. You may be prone because you're that Vata individual that may run a little anxious and have problems falling asleep. For you, that kind of exposure is going to be very difficult for you because you might feel the noise sensitivity. You might feel your system feeling overwhelmed and feeling anxious and kind of tight with that.

A lot of that EMF I really believe, there's no question, it's influencing us neurologically. I actually, if I can say this, SafeSpace. I like what their products are. I'm not giving an endorsement for them, but I'm just saying that's a product line that I use to kind of protect my computer and to protect the space that I'm in. There are plenty of different businesses that offer these types of devices, but I like to clear the space energetically as much as I can. I don't know, at the end of the day, how much control we have over this. But I do know that if we can work on this, we can ground ourselves every day. We can start with a little breath every morning. We can get ourselves a good night's sleep every night. We can eat for our energetic pain type, identify our type and eat the right way for ourselves. We won't be as affected by these things, I can tell you that. I've seen people that have been really affected in the beginning come in to my clinic and once they work on themselves they really are much stronger and more able to handle these adversities.

Robyn: That's so true. Yes, just proper hydration, good fat and some of these good supplements. The more sensitive you are, the more it shows that your body is

out of balance. Oh, my gosh, this has been a great exploration of looking at pain from a very functional way, which I really admire you for. All the doctors out there that are against or trying to avoid prescription drugs, I think is really, really awesome. Is there one final thing you'd like to leave us with today or next step our listeners can do?

Trupti: I'm going to end with a little thing I brought up earlier that just to me is so profound, that concept of atma vichara. Atma is your soul and vichara is ponder. Ponder your soul when you have pain. Ponder who you are. Get to know yourself. Just really get to know yourself because I find too many people following the next trend, looking online, trying to take that quick fix. It's not even a prescription, maybe a supplement that they believe is going to cure them. At the end of the day, once you get to know yourself and who you are, you can be guided in the right direction but you cannot go in the right path unless you spend some time getting to know yourself. I'm going to ask everyone suffering with pain to just do a little inner work of delving what their type is.

I promise you Ayurvedic medicine has been around for 5000 years. It's going to be around for 5,000 more. It's getting stronger and stronger and more momentum. If you're listening to this call, I feel like this conversation we're having, you owe it to yourself to get to know your pain body, to understand why it's showing up, what it's saying for you. Pain doesn't happen to you, it's happening for you. Why is it speaking? Know that it's compassionate. It's not there to ruin your day. Pain is there to stop you, to take pause and to help you get stronger. If you use that, I honestly believe that pain, we really can reduce the burden. There's 36 million migrainers out there suffering and 100 million in the US with pain. We're losing 142 people with narcotics. This needs to end and it starts with going in.

Robyn: Amen to that message. Thank you so much, Trupti, for being with us at The Shift Network Winter of Wellness 2018. I so appreciate you.

Trupti: Thank you, Robyn. I'm so grateful to be here. Thank you, thank you, thank you. I'm so grateful to be here. You're so lovely.

Robyn: I'm so glad we connected and to bring your voice here and your years of experience to this message today. All of you, thank you for joining me with Trupti, and we look forward too on our next session. Have a fantastic day.

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